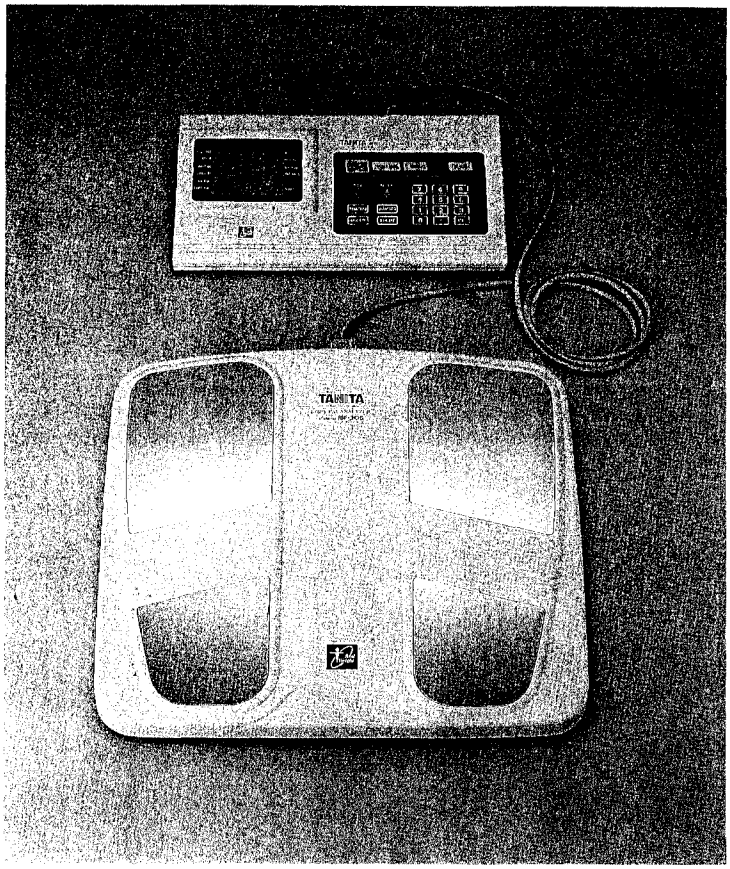
TANITA

Best Weight

BODYFAT ANALYZER TBF-305

INSTRUCTION MANUAL



Thank you very much for your recent selection of TANITA BODYFAT ANALYZER MODEL TBF-305.
This analyzer was designed using state-of-the-art technologies for measurement of body fat of adults (both male and female) by the BIA (Bioelectrical Impedance Analysis) technique.
Due to current specifications, bodybuilders and children may have a higher percentage of body fat on display.
Please read this instruction manual carefully in order to make correct use of this analyzer.

Precautions for the safe use of this product

1. **Electrical Interference**
   Although this product is manufactured to adopt electrical interference, it can cause reception interference when used near television or radio receivers. In addition, make sure there is no interference with the operation of other electronic devices which may be present prior to its use in hospitals or other such locations.
2. **Users of Pacemakers or Other Internal Electronic Medical Devices**
   Users of pacemakers or other internal medical devices should not use this product. While minute, its use causes an electrical current to be passed through the body. As such, users of such devices may not get correct readings, or may impair the function of their electronic medical device.
3. **Preventing the Spread of Disease**
   As this product must be used with bare feet, adequate sterilization procedures should be carried out when a large number of measurements are made.
4. **Use of Data Generated by This Product**
   The evaluation of, as well as the selection of choices from the exercise menu based on the data generated by this product should be carried out only by a doctor or other licensed medical professional. Do not attempt to evaluate the data yourself.

Product composition

Check before use if the articles indicated below are complete.

Measuring platform ..... 1 unit
Table top indicator ..... 1 unit
Cable ..... 1 unit
AC adaptor (U.S.A. only) ..... 1 unit
Plunger ..... 1 unit
Instruction manual ..... 1 copy
RS-232C conforming output instruction manual ..... 1 copy
Technical note ..... 1 copy

Basic specification for TBF-305

The TBF-305 is divided into the "kg/lb type" and "kg/st-lb type."

Impedance measuring unit	
Method for measurement	4-electrode method
Measuring frequency	50kHz
Measuring current	500 μA
Electrode material	Stainless steel
Measuring position	Between both legs
Measuring range	150 ~ 900 Ω

Body weight measuring unit	
Weighing method	Load cell
Capacity	600lb/270kg/42st12lb (including weight of clothes)
Graduation	0.5lb/0.2kg/0.5lb

Display function	
Body weight	0 ~ 600lb (0.5lb) 0 ~ 270kg (0.2kg) 0 ~ 42st12lb (0.5lb)
Height	100 ~ 249cm (1cm) 3ft ~ 7ft11.5in (0.5in)
Fat ratio	(unit:1%)
Fat weight	lb mode(unit:0.5lb) kg mode(unit:0.2kg) st-lb mode (Less than 10st (unit:0.5 lb)) st-lb mode (10st or more (unit: 1lb))

Input item	
Weight of clothes	0 ~ 600lb (0.5lb) 0 ~ 270kg (0.2kg) 0 ~ 9st13.5lb (0.5lb)
Sex•Mode (Form)	Male/Female, Standard/Athlete
Height	100 ~ 249cm(1cm) 3ft ~ 7ft11.5in(0.5in)

Display unit
5-digit-segment LCD x 3 lines

Printer interface
Optional printer output connector

External interface
RS-232C (D sub 25 pins)

Power supply (AC adaptor)
DC9V 300mA(Center ⊖) (Plug: Length 3/8"/9.5mm, outside diameter 7/32"/5.5mm)

Power consumption
1W

Working temperature
41 ~ 95°F/5 ~ 35°C

Weight	
Measuring platform	12.1lb/5.5kg
Table top indicator	1.3lb/0.6kg

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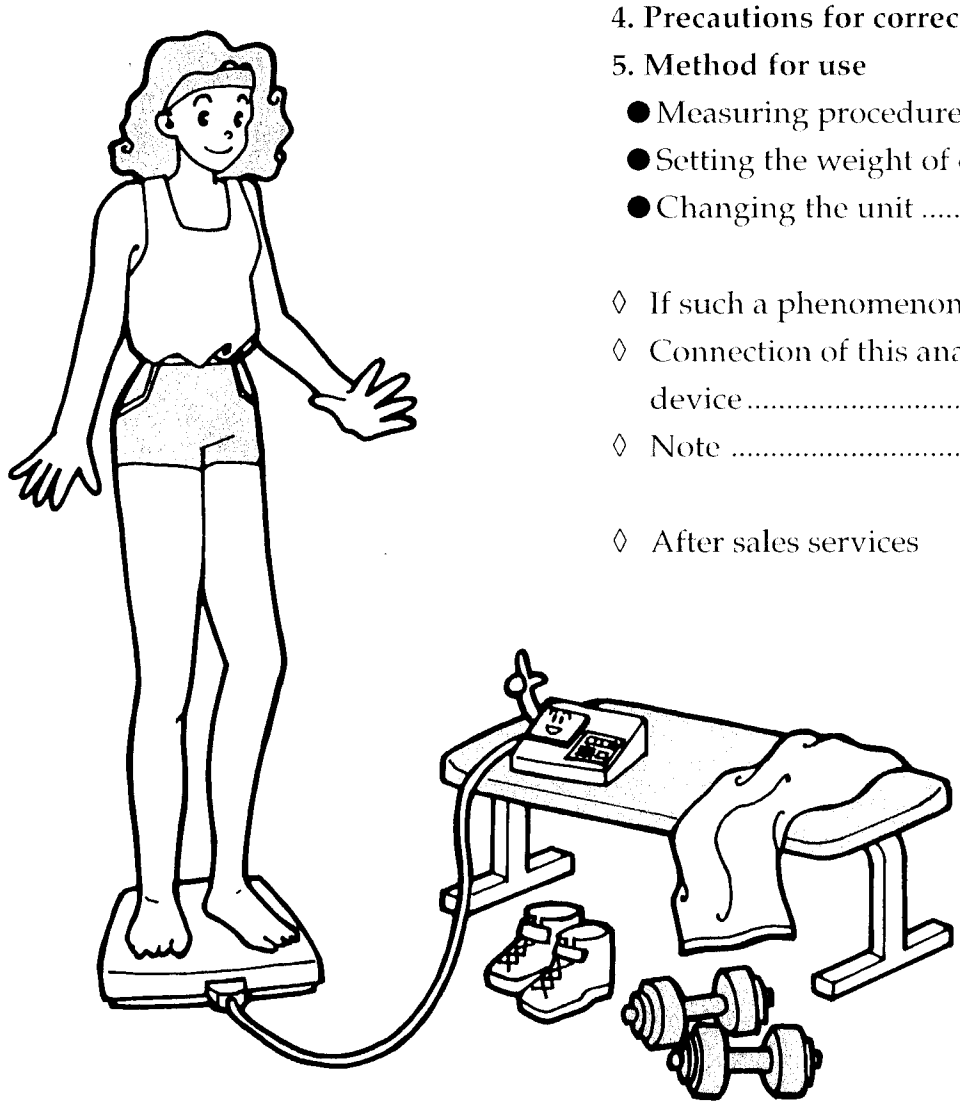
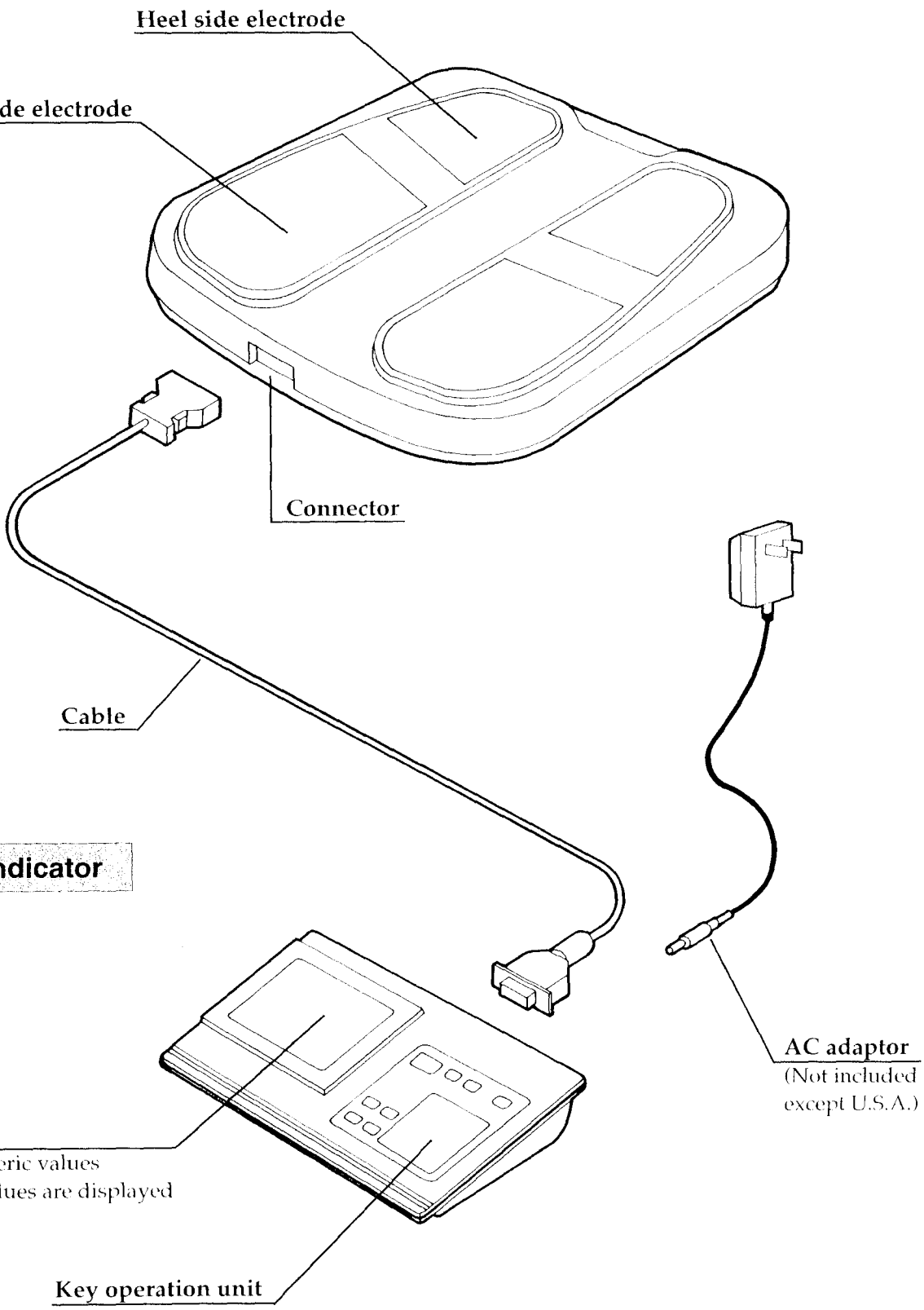
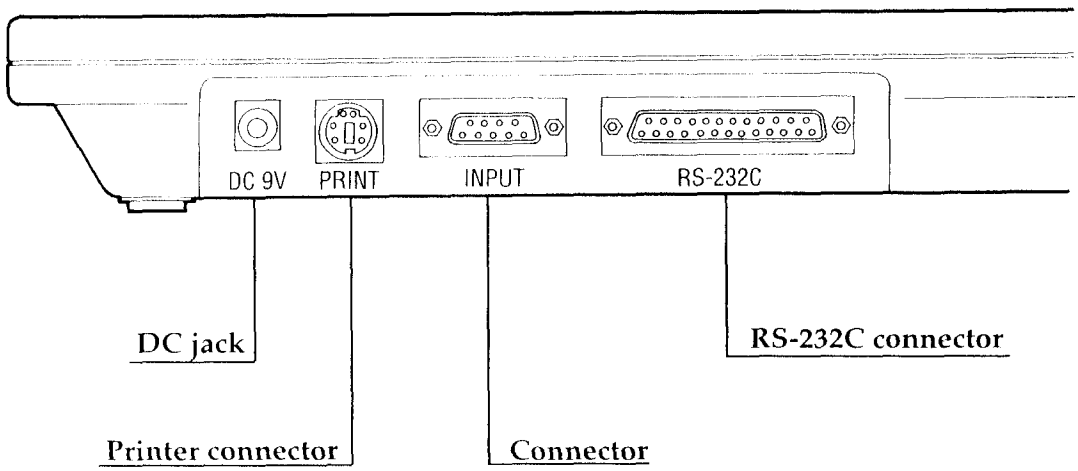


1. Names and functions of components

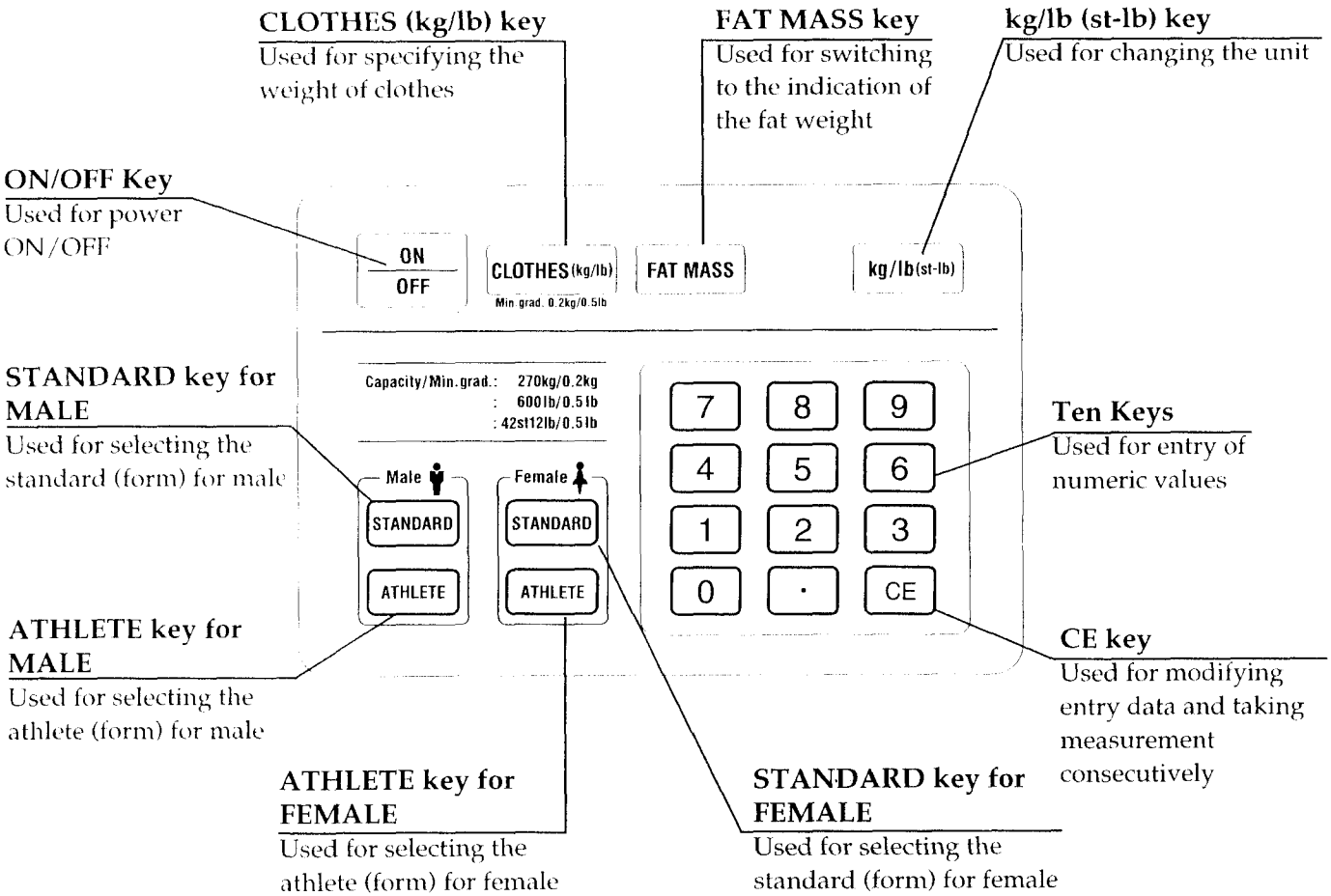
Measuring platform



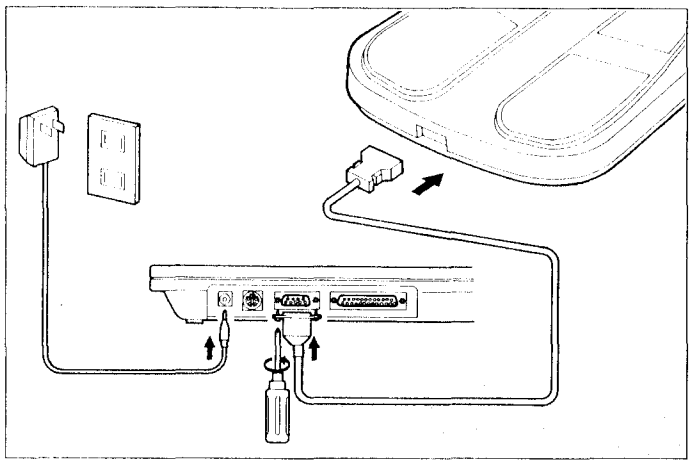
Rear side of table top indicator



Key operation unit

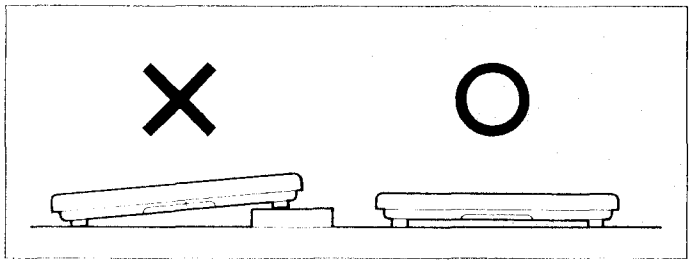


2. Preparations before use



● Connection of table top indicator to measuring platform

1. Connect the thin rectangular connector of the cable to the connector of the measuring platform.
2. Connect the rectangular connector of the cable to the connector of the table top indicator, and fix it firmly with the screw driver.
3. Insert the jack of the AC adaptor to the DC jack of the table top indicator, and connect the plug of the AC adaptor to a power outlet (Do not insert or remove the plug with your hand wet).



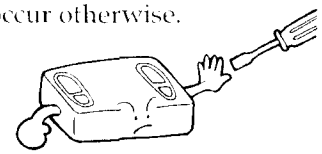
● Check of levelness

Place the measuring platform at a level and flat place in order to permit correct measurement.

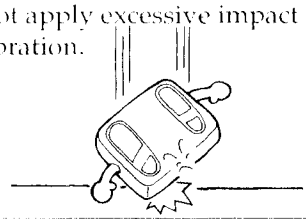
3. Precautions for handling

This analyzer is a precise instrument fabricated with high technology.
Observe the following instructions for use of this analyzer in order to keep the best conditions.

1. Never make an attempt to disassemble it. Troubles may occur otherwise.

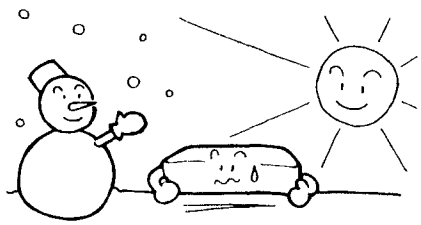


2. Do not apply excessive impact or vibration.



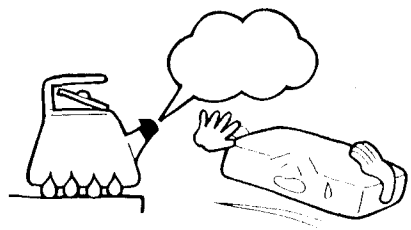
3. Do not locate it at a place that is exposed to direct sunlight or that is close to a heating equipment.

4. Do not locate it at a place where the temperature rapidly changes.

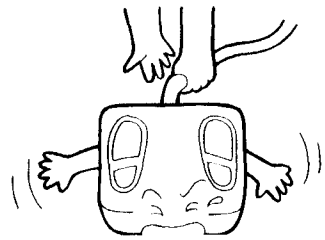


5. Do not wipe it using benzine, thinner or alike. If it is contaminated, use neutral detergent except for electrodes.

6. Do not store it at a place where the humidity, dust or vibration is excessive.

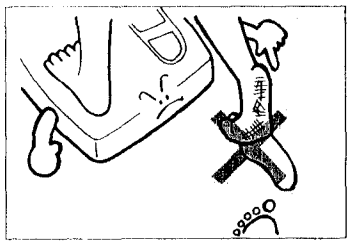


7. Do not carry or pull the measuring platform by pulling the cable connected to it.

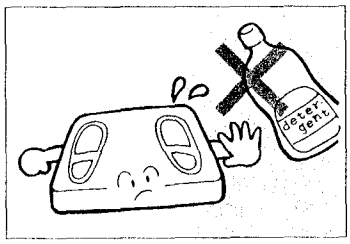


4. Precautions for correct measurement

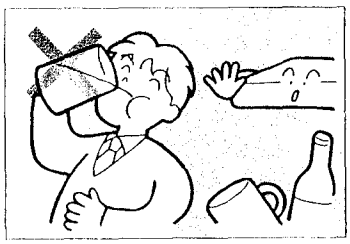
This analyzer makes use of minor current for measuring the impedance (electrical resistance) of the body. Therefore, it is necessary to take measurement with bare feet. Furthermore, since the impedance varies by the moisture content of the body, pay attention to the following points for taking correct measurement.



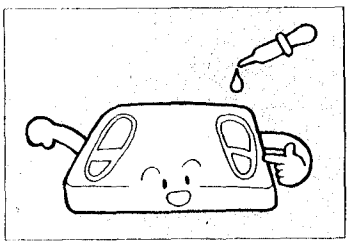
1. Wipe the soles of feet before stepping on the measuring platform. (Normal measurement may not be made if dust is attached to the soles.)



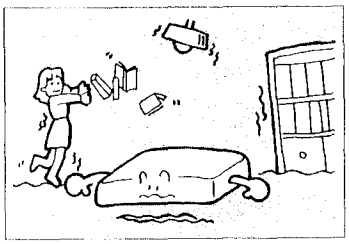
2. Always keep the electrode plates clean by wiping with disinfecting alcohol or water. (No detergent should be used.)



3. An error may occur in the measurement after excessive drinking or eating or when you suffer from extreme dehydration.
   * If measured value of higher accuracy is needed, take measurement in the same time period after elapse of
     ◊ 3 hours or longer after wake-up
     ◊ 3 hours or longer after eating



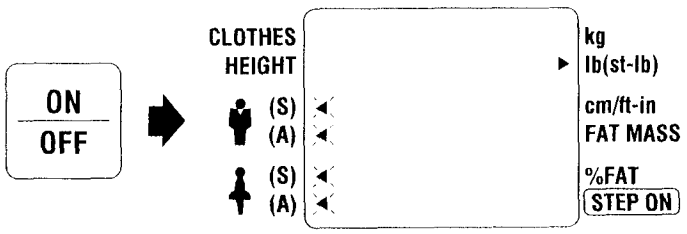
4. Bare feet are required as a rule. But if it is wanted to take measurement wearing stockings, pour around 0.017oz/0.5cc of disinfecting alcohol or tap water using the provided plunger to each one of four electrodes where your feet get contact, before taking measurement.
5. If the measured fat ratio or fat weight is abnormally low or if error indication (EOI) appears, there is a possibility where contact of soles of feet with electrodes is bad. (Pour around 0.017oz/0.5cc of disinfecting alcohol or tap water using the provided plunger to portion of each one of four electrodes where your feet get contact, and take measurement once again.)



6. There are cases where measurement cannot be taken at a place with severe vibration. (Take measurement with the measuring platform located at a place where vibration is minor.)

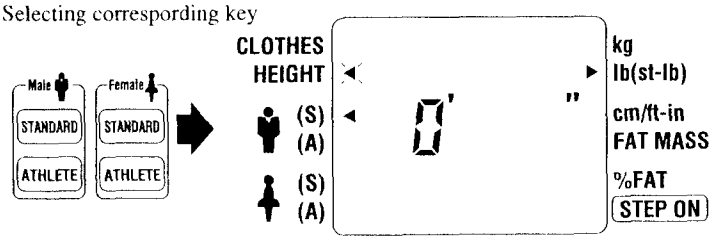
5. Method for use

■ Measuring procedure



1. Turn on the power.
Press the [ON/OFF] key.
The contents indicated on the screen changes automatically in the following order:
(Entire display blinks) → (The ◄ mark for sex•mode (form) choice blinks)

Selecting corresponding key

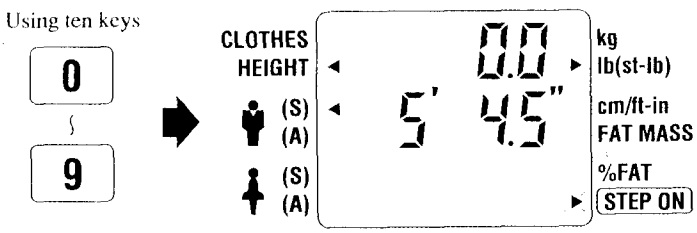


2. Enter the sex and the mode (form).
Select one of the following items to specify the sex and the mode (form):

MALE [STANDARD] key
MALE [ATHLETE] key
FEMALE [STANDARD] key
FEMALE [ATHLETE] key

The ◄ mark goes on to indicate the selected item. Then another ◄ mark flickers to ask you to enter the height.

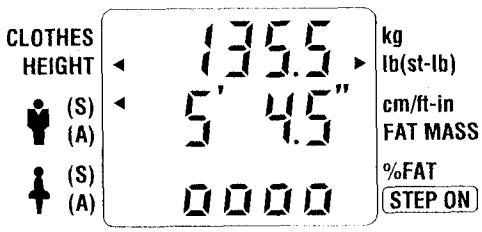
Using ten keys

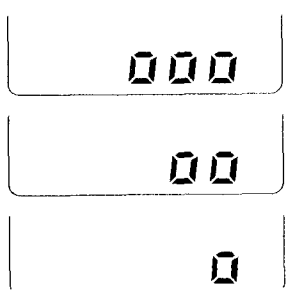


3. Enter the height.
Example: In the case of 5ft 4.5in, press [5][4][.][5] keys. When you have entered the item, the ◄ mark indicating the "HEIGHT" item remains on. The value in the upper position changes from "88888" to "0.0 (0.00.0)." The ► mark starts flickering to indicate the "STEP ON" item.

* If you enter values on the ft-in basis, you must also specify the digits to the right of the decimal point. However, when you enter numbers other than [0] and [5] in the digits to the right of the decimal point, they are converted to [0] or [5] since values are indicated in increments of 0.5 inches.

* Press the [CE] key to modify the value entered in this step or to return to the previous step to modify the value.





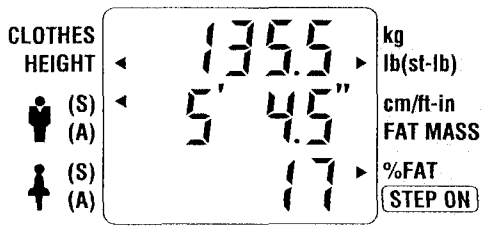
4. Take measurement.
Step on the electrodes of the platform in such a manner that both feet are located in parallel. Locate the feet in such a manner that the toe and the heel contact their respective electrodes. Stand still facing the front, without bending the knees.

The weight is measured.
When the ► mark showing the "STEP ON" item stops flickering and the measured weight is stabilized, the value (weight) in the upper position is fixed.

The screen changes to the fat ratio measurement mode.

The 0000 mark goes on. When the measured fat ratio is stabilized, the 0000 mark fades off.

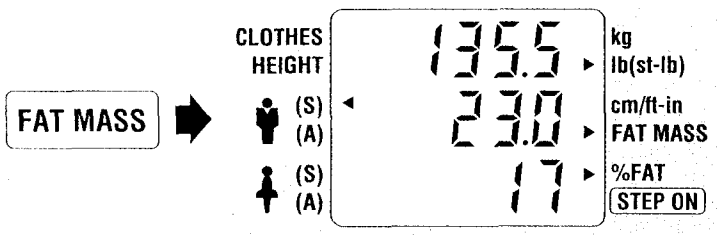
* Do not step off the measuring platform until the 0000 mark have completely gone off. If you step off the measuring platform while the 0000 mark is going off, the 0000 mark goes on again (the measurement continues if you step on the platform immediately after stepping off).
* Keep still on the measuring platform. If the measured value is not stabilized for a certain period of time, the error indication "E11" appears and the power is turned off. Execute the process again from Step 1.



5. Measurement has been completed.

When the weight (upper position) and the fat ratio (lower position) are fixed and the buzzer beeps, step off the measuring platform.

It takes about 8 seconds to execute measurement (this time is a little different depending on testees).

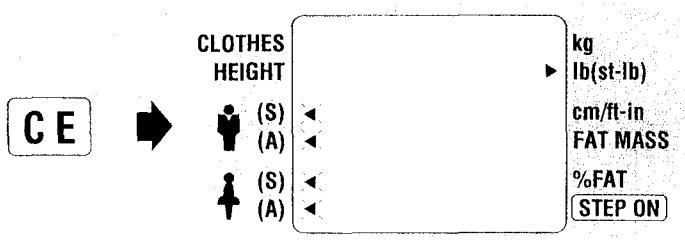


6. Check the fat weight.

Press the [FAT MASS] key.

The fat weight is indicated in the middle position and the ► mark goes on to indicate the value.

If you press the [FAT MASS] key again, you can return to the previous screen.



7. When you take measurement consecutively.

Press the [CE] key.

The initial entry screen appears again and you can take measurement consecutively.

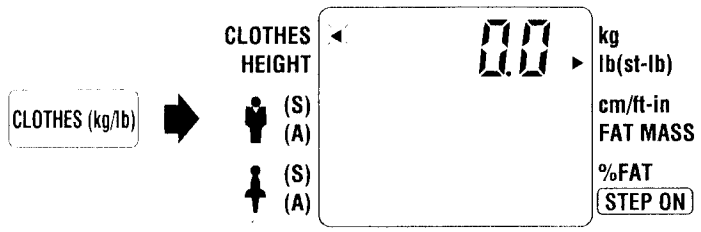
* When the weight of clothes is specified, it is not cleared.
  Even if you do not press the [CE] key, the initial entry screen appears automatically about 20 seconds after the termination of the previous measurement.

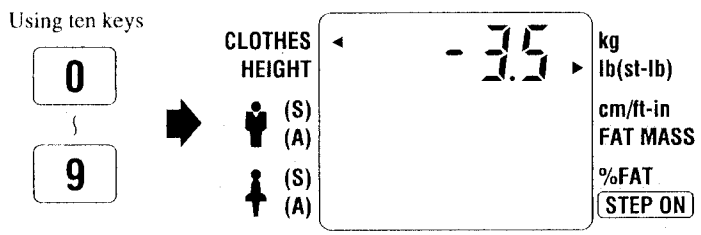
8. Terminate measurement.

Press the [ON/OFF] key.

* Remove the AC adaptor from the power outlet when you do not use this analyzer.

■ Setting the weight of clothes





1. Enter the "ENTER WEIGHT of YOUR CLOTHES" mode.

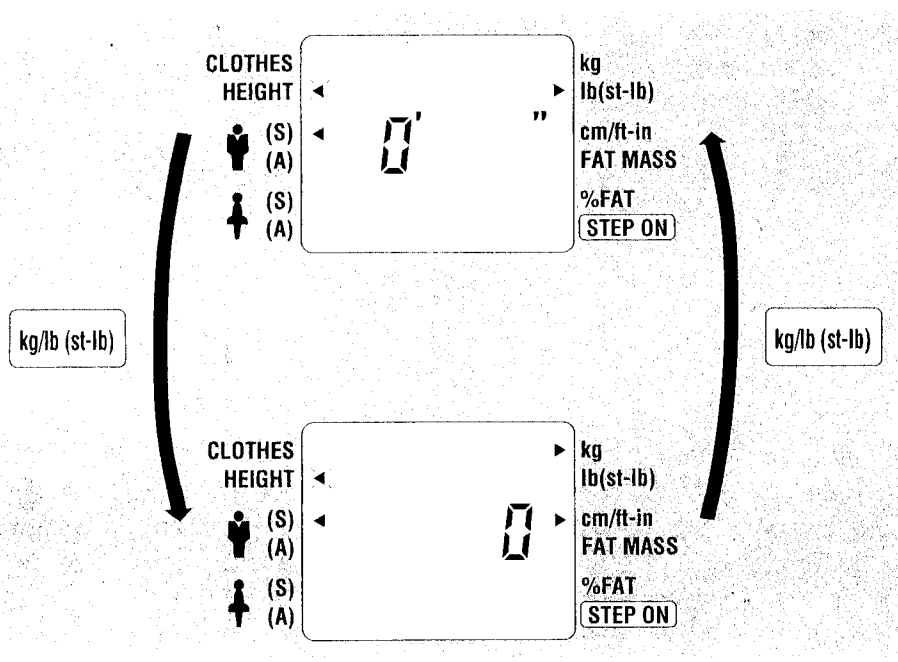
Press the [CLOTHES (kg/lb)] key.
The ◄ mark flickers to ask you to enter the weight of clothes. The value in the upper position is set to "0.0".
You can enter this mode at any time when you are in step 1, 2, and 3 in "Measuring procedure" in page 8.

2. Enter the weight of clothes.

Example: In the case of 3.5lb, press [3][.][5] keys. When you enter a value in the digits to the right of the decimal point, the settings are fixed and the screen returns to the step shown before entering this mode. In the upper screen, the cloth weight is indicated with the minus (-) character attached and the ◄ mark remains on.

* If you enter values on the lb basis, numbers other than [0] and [5] entered in the digits to the right of the decimal point are converted to [0] or [5] since values are indicated in increments of 0.5 pounds.
* If you enter values on the kg basis, odd numbers entered in the digits to the right of the decimal point are converted to even numbers since values are indicated in increments of 0.2 kilograms.
* If you want to modify values before fixing the settings, press the [CE] key and enter new values.
* To exit this mode before or during entering values, press the [CLOTHES (kg/lb)] key again.

■ Changing the unit



Pressing the [kg/lb (st-lb)] key switches the ► mark indication to show either of the kg or lb (st-lb) unit.

* The measurement unit cannot be switched when the weight of cloth or the height is entered.

If such a phenomenon occurs

If you feel that a failure might have occurred, make the following checks before asking for repair.

No display appears when the [ON/OFF] key is pressed.

- Check if the jack of the AC adaptor is connected to the table top indicator, and also check if the power plug is connected to a power outlet.

Entry can be made, but measurement cannot be taken because the error indication (E11, E12, etc.) appears.

- Check for looseness or disconnection of connectors at the measuring platform and table top indicator.
- There are cases where measurement cannot be taken at a place where vibration is excessive. Change the place and make a check.

Connection of this analyzer to the external device

- Data measured with this analyzer can be output by connecting this analyzer to a device (a personal computer, etc.) to which RS-232C can be connected. For more information, refer to the optional RS-232C conforming output instruction manual.

- Data measured with this analyzer can be printed by connecting the optional printer to this analyzer.

Note

- TANITA takes no responsibilities for any kind of damage and loss caused by this analyzer or any kind of claim made by a third person.

FEDERAL COMMUNICATIONS COMMISSION NOTICE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

Cables

Connections to this device must be made with shielded cables with metallic RFI/EMI connector hoods to maintain compliance with FCC Rules and Regulations.